

Power to Prevent was developed by the National Diabetes Education Program with the goal of preventing type 2 diabetes and its complications.

Power to Prevent is implemented by the Frederick County Health Department with oversight and contributions from the Frederick County Diabetes Coalition and other community agencies.

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Public Health
Prevent. Promote. Protect.

Frederick County Health Department

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Frederick County Health Department

350 Montevue Avenue

Frederick, MD 21702

Phone: (301) 600-1029

Fax: (301) 600- 3111

TTY: (800) 735-2258

www.frederickcountymd.gov/healthdept

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***Power to
Prevent***

A FREE Diabetes Prevention Program



**Frederick County
Health Department**

Power to Prevent is a 12-week lifestyle program that helps adults who have and are at risk for type 2 diabetes to become more physically active and to eat healthier more often.

Features

- ⇒ Groups are co-led by a Registered Dietician and Community Lay Educator.
- ⇒ Class time includes walking or other low impact physical activity.
- ⇒ Two individual sessions with the Registered Dietician.
- ⇒ Support by a Care Coordinator who helps participants to either find a healthcare provider or visit the healthcare provider they have for routine check-ups.
- ⇒ English/Spanish interpretation available.



"This program is good in that the leaders encourage the participants to support and encourage each other."

"Excellent program...highly recommend it."

~Program Graduates



When & Where

- ⇒ Groups meet once a week:
Mondays
6:00 — 8:00 pm OR
Thursdays
6:00— 8:00 pm
- ⇒ Locations vary.
- ⇒ Registration required.
- ⇒ Look for registration announcements in the local paper or call the Program Coordinator/Health Educator at 301-600-1861.

More Info

www.frederickcountymd.gov/powertoprevent